

Pinecrest Swim and Tennis Club

Rules and Regulations

Revised March 2021

These rules are for the protection and benefit of Club Members, and their guests. We hope that Club users will adhere to the spirit, as well as the letter of these rules. Failure to comply with these rules may result in the suspension or loss of a member's privileges as specified in the Club's by-laws.

I. CLUB RULES

1. The use of any club facility is limited to those hours posted on the premises, or as otherwise stated.
2. The Board of Directors (henceforth known as BOD) may authorize special functions outside normal operating hours.
3. All facilities of the club are to be used at the risk of the Club member or guest.
4. The Club will not be responsible for damage to or loss of personal property.
5. The cost of any damage to Club property caused willfully or as a result of failure to obey these rules will be charged to the Club member or the sponsoring member of a guest.
6. Abusive, offensive, or profane language or behavior is prohibited on Club property.
7. The presence of intoxicated persons anywhere on club property is prohibited.
8. Personal radios, CD players, and recorders must be operated at sound levels not offensive or disturbing to the other members or guests in the immediate area.
9. All bicycle riders are to ride carefully and must use the designated area for parking their bicycles.
10. Roller blades, scooters and skateboards may be ridden to the pool, but not around parking lot or on pool deck.
11. All trash must be deposited in garbage cans and tables should be wiped down after use.
12. Pinecrest members and guests must respect and follow instructions from the guards. It is their job to ensure every one's safety and preserve the family atmosphere at Pinecrest. Failure to respond to guard instruction will result in loss of Club privileges.
13. The phone in the clubhouse is to be used for club business only.
14. Wifi available at pool. Only adults may request the log-in code. Guards reserve the right to request a member of any age to discontinue usage if non-pool compliant content (family friendly, rated G) is being viewed or otherwise overheard by any members. Disclaimer of such available at guard office.
15. The operating rules may be revised as required by the BOD.

II. SWIMMING POOL AND BATHHOUSE

1. Parents are requested to instruct their children to observe all rules and to obey the instructions of the pool manager and lifeguards.
2. Parents and/or guardians of non-swimmers using the main pool must be within arm's reach of the child. Children may not be left unattended in the main pool, even if they are wearing flotation devices.
3. The pool manager and lifeguards are authorized to enforce the Club's rules. The pool manager on duty has the authority to suspend a member's pool privileges for one day for good and sufficient cause and may recommend to the BOD suspension for a longer period of time as specified in the Club's By-laws.
4. All complaints should be referred to the pool manager on duty. Grievances or unresolved complaints should be referred to the BOD in writing to the Pool PO address.

5. The pool manager has the authority to close the pool in the interest of health and safety as weather or other conditions dictate.
6. Divers who are part of the formal dive team, or have been in the past, may perform complex dives during regular pool hours if the diver does not seem to be endangering him or herself. However, divers may not practice new techniques without a coach present or during high occupancy times. No non-formally trained divers may attempt back entries, reverse dives, or any other dive that would require formal training and would otherwise pose a danger without said training. *Divers on the dive team (or their parents), or former divers, are required to identify themselves to the guards on duty before they get on the board.*

A. ADMISSION TO POOL

1. Pool members will sign in on the sign in sheet with name and pool membership number. Should a family member forget their member number, guards will ask for verifying information such as address, parent names or birthdays. Immediate family is defined as children of the adult member or parents of the adult member who are currently residing in the member's home. Other immediate family members may be included (i.e adult siblings, step-children or adult children) if residing with the member and if the address on their drivers license / school records is the same as the member.
2. Children 8 - 14 will be admitted without adult supervision ONLY if they have passed a basic swimming test. (The swimming test consists of being able TO swim 25 meters -length of pool - without stopping and being able to tread water for 1 minute). This test will be administered at the guard's discretion. This test is administered at the lifeguards' discretion.
3. Children under 10 must be accompanied by an adult or designated baby-sitter, 14 or older.
4. The pool facilities may not be used unless the pool is officially open and lifeguards are on duty.
5. All bathers must take a cleansing shower in the bathhouse before entering the pools.
6. Any person who has a skin disease, nasal or ear discharge, inflamed eyes or any communicable disease, or who is wearing any kind of bandage will not be permitted in the pools.

B. GUESTS (DEFINED AS A NON-MEMBER 12 MONTHS OR OLDER):

1. All guests must be accompanied by a Pinecrest Club member at all times while on the premises.
2. All pool guests must be signed into the guest register at the front desk before entering the pool.
3. Guests must arrive and leave with the sponsor member.
4. Members may not sign in guests who come to the gate or to the desk looking for a member to sign them in.
5. A member family may not have more than six (6) guests (or one family guest unit) at any time; exception may be granted by the pool's manager when given 24 hours written notice and approval. Or, if social event is coordinated via the BOD Social Chair.
6. The daily walk-in guest pool fee for guests is \$5 per guest per visit payable by check or cash only.
7. Guest credits are available for purchase at \$30.00 for 10 guest credits. Requests for such passes must be made by purchasing them online using your Membersplash account, sending a check to the PO Box designating "Guest Pass" or in the office with the guards. Guest passes are not refundable or transferrable.
8. A temporary pass may be issued for a fee of \$75.00 for guests residing with the members (for example, an exchange student spending the summer with a Pinecrest member). The guest must be registered by mail through the Club post office box. The person identified on the pass

may come into the pool **only with** the members or member's immediate family who is sponsoring the guest and must have a picture ID made.

- Parties (i.e. birthday parties) are allowed during regular & after pool hours. Fees are set by the Board of Directors. Contact the social director for specific applicable rules and fees applied. Party fees are payable to PSTC. (These amounts are subject to change). Clean up is required. Parties for minors must be supervised by an appropriate number of adults. Parties must be registered at least 1 week in advance, and are subject to availability. The pool manager may restrict the number of members and / or guests admitted on any day because of crowded pool conditions. No private parties are allowed over opening and closing weekends.

C. BABY-SITTERS / MEMBERS WHO ARE DAY CARE PROVIDERS:

- Baby-sitters 14 years old or over (and not a club member) may escort children of members to the pool with BOD approval which will be based upon the following:
 - Member must request BOD approval in writing,
 - Member must stipulate that the request is for one frequently used baby-sitter,
 - If approval is granted, the member *must remit a fee set forth by the Board of Directors and a temporary ID pass will be issued for the season*. The sitter can only use the pool while involved in duties of escorting the member's child / children.
- Members who are Fairfax County Licensed Day Care Providers may also obtain season temporary passes for non-member children after BOD approval and remitting the \$75.00 fee per child. These children will also be issued a non picture ID. These children may use the pool only while under the direct care of the Day Care Provider.

D. CHILDREN - RULES DEALING SPECIFICALLY WITH CHILDREN:

- Children who have not passed the basic swimming test may not use the diving boards.
- Parents and/or guardians of non-swimmers using the main pool must be within arm's reach of the child. Children may not be left unattended in the main pool, even if they are wearing flotation devices.
- The slide may be used by children who have not passed the basic swimming test, but must be within arm's length of a supervising adult.
- Children under 6 who have not passed the basic swimming test must have a supervising adult within arm's length at all times while in the main pool.
- Only children under 6 and supervising adults are permitted in the wading pool. Children in the wading pool must be attended by a responsible adult.
- Small water toys approved by the pool manager are permitted in the wading pool.
- Small children not toilet-trained must wear diapers covered with rubber pants.

E. DIVING - RULES DEALING SPECIFICALLY WITH THE DIVING AREA:

- Persons using the diving board must be able to swim the length of the pool and tread water for one minute.
- Only one person is permitted on the board or ladder at any time.
- Only a dive made straight away from the board is permitted. A dive may not be made from the sides of the board, or in any direction other than forward. (This does not prohibit any standard dive made while facing the board).
- A dive may not be made until the previous diver has reached the side of the pool.
- Divers must swim out of the area as soon as possible.
- Divers must use the ladder when leaving the diving area.
- Jumping or diving from the pool deck into the diving area is prohibited when the boards are open.
- Repetitive jumping (aka Double Bouncing) is prohibited.

9. Divers who are part of the formal dive team, or have been in the past, may perform complex dives during regular pool hours if the diver does not seem to be endangering him or herself. However, divers may not practice new techniques without a coach present or during high occupancy times. No non-formally trained divers may attempt back entries, reverse dives, or any other dive that would require formal training and would otherwise pose a danger without said training. *Divers on the dive team (or their parents), or former divers, are required to identify themselves to the guards on duty before they get on the board.*

F. RESTRICTIONS & OTHER:

1. No food, including candy or soft drinks, is permitted within 5 feet of the pool.
2. Chewing gum is not permitted *anywhere* inside the pool area, pool, or tennis courts.
3. Glass containers of any kind are not permitted in the pool area.
4. Smoking is not allowed on club property except in the designated smoking area outside the guard house off the parking lot.
5. No roller-blading, biking, skateboarding, scooter, or skating of any kind is allowed in pool area or club property other than for transportation to and from facilities
6. Pets are not permitted in the pool area.
7. Life preservers, inner tubes, water wings, swim masks, fins, and other auxiliary swimming equipment use is at the discretion of the pool manager. Mismanagement of these items (i.e. kids hitting each other with noodles) may result in loss of the privilege for everyone. Inflatable rafts are allowed on raft nights only, and may not exceed 6 feet.
8. Playpens, strollers, and baby carriages are permitted in the areas designated by the pool manager.
9. No children (including their hands and legs) under 16 are allowed in the pool during the 15 minute Break / Adult Swim each hour.
10. Grills are to be used by adults only.
11. Comments concerning the pool rules should be addressed to the BOD mailed to the post office box.

G. TENNIS RULES

1. Courts are reserved for members and their guests only. Guests must be accompanied by a member.
2. Courts are for playing tennis only.
3. No bikes, skateboards, rollerblades or wheels of any kind on the courts.
4. No pets and no glass containers.
5. Tennis shoes are required.
6. Length of play for singles and doubles is one hour when others are waiting.
7. Adults have priority on weekdays after 6 p.m.